

Melville Cares Hubs and Anglicare WA bring you

Friend in Need

Helping people help each other



Together we can build resilient communities



Do you know how to help someone experiencing mental health, relationship or financial challenges? What can you say and do? What support services could you suggest they access?

Join us for an interactive **Friend in Need** workshop and learn how to:

- Recognise when someone is struggling and be empowered to help them
- Have a conversation about sensitive topics
- Identify emotional and practical help and be informed of support networks



Where
When

Point Walter Golf Course
Friday, 10 September
12-2pm

Cost

Free, with light lunch included!



Places are limited, so please register your interest via phone on 9263 2003 or by visiting <https://bit.ly/friendsneed>

Let's build a community that cares!